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# Potato Pancakes

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## **Ingredients:**

6 medium white potatoes, 1 egg, 1/3 cup finely chopped onion,  
3 tbsp. unbleached white flour, salt to taster, 1/4 cup butter.

## **Directions:**

Wash and peel potatoes, and shred. Next, beat the egg with a mixer. Mix together the shredded potatoes, onion, flour, and salt. Melt the butter in a large skillet over low heat. Pour several thin pancakes in the skillet and cook over medium heat for 2 1/2 to 3 minutes. Turn once, griddling each until golden brown. Makes 6 servings.

## **Nutritional Information Per Serving:**

Calories 214 Carbohydrates 30.8 gm Protein 3.94 gm Fat 8.69 gm Sodium 95.8 mg  
Cholesterol 56 mg Calcium 19.5 mg